



# Explanation and Events

In order to inculcate a culture of physical fitness, foster a healthy competitive spirit, and continue to enhance esprit de corps within the 25<sup>th</sup> Infantry Division, The Lightning Elite has been established. The Lightning Elite is an enduring set of athletic events designed to identify and recognize the top individual male and female athletes, and also the top Platoons within the 25<sup>th</sup> Infantry Division in the following events:

## Individual Events

- Individual APFT
- 5-mile run
- 10-mile run
- Kolekole climb
- Lightning Challenge
- Vo2 Max Test
- Combatives
- **Honolulu Marathon\***
- **Xterra 21k Trail Run\***
- Power Lifting (total weight)
  - Bench Press
  - Parallel Squat
  - Dead Lift
- Power Lifting (Pound for Pound)
  - Bench Press
  - Parallel Squat
  - Dead Lift

## Platoon Events

- Platoon Average APFT
- 5-mile run
- 10-mile run
- Kolekole climb
- Lightning Challenge

**\*Indicates Recognition Only  
Event**

The top three male and female athletes in each event will be posted to the 25<sup>th</sup> ID Physical Fitness Forum and LE Boards at all Installation Fitness Facilities. All events must be observed and graded by a Company Commander **OR** First Sergeant and be annotated on the 25<sup>th</sup> ID Lightning Elite Nomination Form.

Individual Lightning Elite members will be awarded a Lightning Elite t-shirt that can be worn during PT hours for as long as the athlete holds a place in the Lightning Elite Board.



# Individual APFT

This event is the top 3 male and female finishers of the APFT. The APFT must be conducted at the ½ mile track on Watts field IAW TC 3-22.20. The Push-up and Sit-up portion of the APFT can be conducted at any flat area within the track infield on Watts Field. The run must be conducted on the ½ mile track IAW the following diagram. Athletes will submit a Lightning Elite Nomination Form and DA Form 705 (PT Score Card) signed by their Company Commander or First Sergeant. All scores will be checked by the Lightning Elite Manager using the PT Score Calculator posted to the “Additional References” portion of the 25th ID Physical Fitness Forum:

<http://www.25idl.army.mil/fitness.html>.







# Platoon Average APFT

This event is the top Platoon average of the APFT. The APFT must be conducted at the ½ mile track on Watts field IAW TC 3-22.20. The Push-up and Sit-up portion of the APFT can be conducted at any flat area within the track infield on Watts Field. The run must be conducted on the ½ mile track IAW the following diagram. Platoons will average the APFT score for every Soldier competing, to include extended scale scores for athletes who score over 300. Platoons must have a minimum of 90% of their MTOE strength IOT qualify for Lightning Elite Submission. Platoon averages must be submitted on a Lightning Elite Nomination form along with an individual breakdown of individual scores. All scores will be checked by the Lightning Elite Manager using the PT Score Calculator posted to the "Additional References" portion of the 25th ID Physical Fitness Forum: <http://www.25idl.army.mil/fitness.html>.

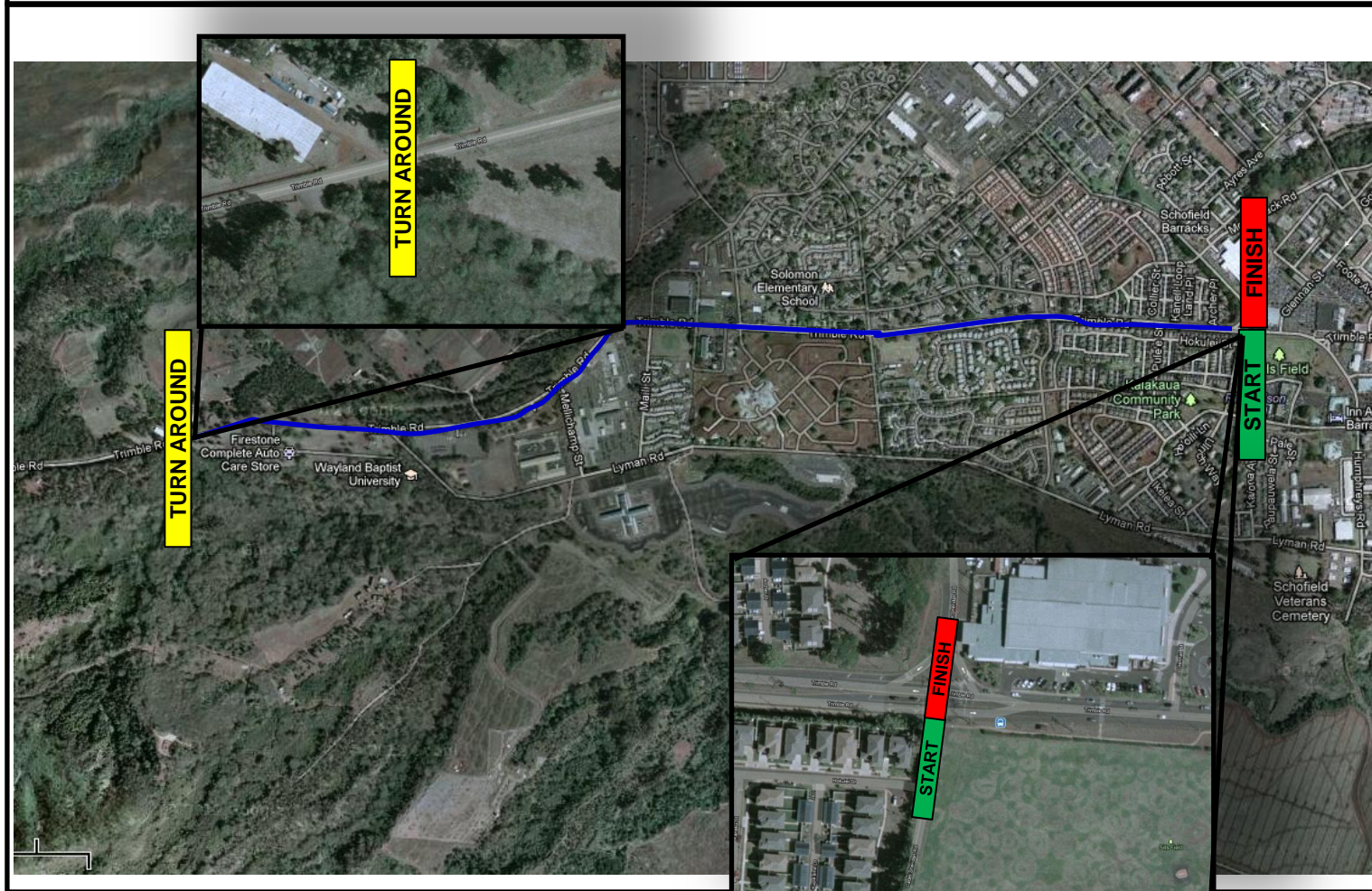






# Individual 5 Mile Run

This event is the top 3 male and female finished of a 5-mile run. The 5-mile run must be conducted IAW the following diagram, with the start and finish at the intersection of Cadet Sheridan and Trimble Road with runners completing one (1) lap. Athletes must submit a signed Lightning Elite Nomination Form signed by their Company Commander of First Sergeant to the Lightning Elite Manager.

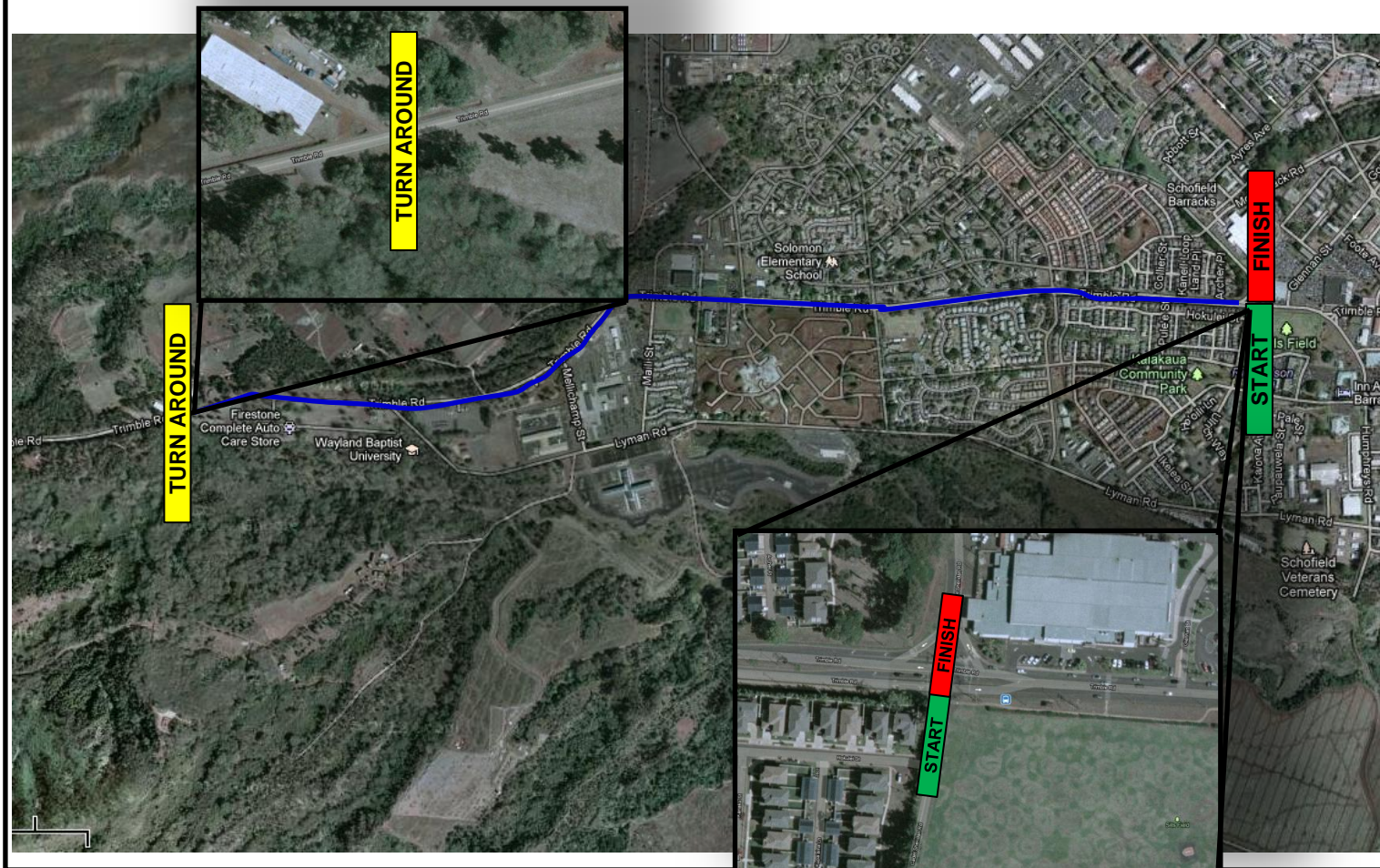






# Platoon 5 Mile Run

This event is the top Platoon time of a 5-mile run. The 5-mile run must be conducted IAW the following diagram, with the start and finish at the intersection of Cadet Sheridan and Trimble Road with runners completing one (1) lap. Time begins when the first Soldier crosses the start line and ends when the last Soldier crosses the finish line. Platoons must have a minimum of 90% of their MTOE strength IOT qualify for Lightning Elite Submission. Platoons must submit a signed Lightning Elite Nomination Form signed by their Company Commander or First Sergeant to the Lightning Elite Manager.

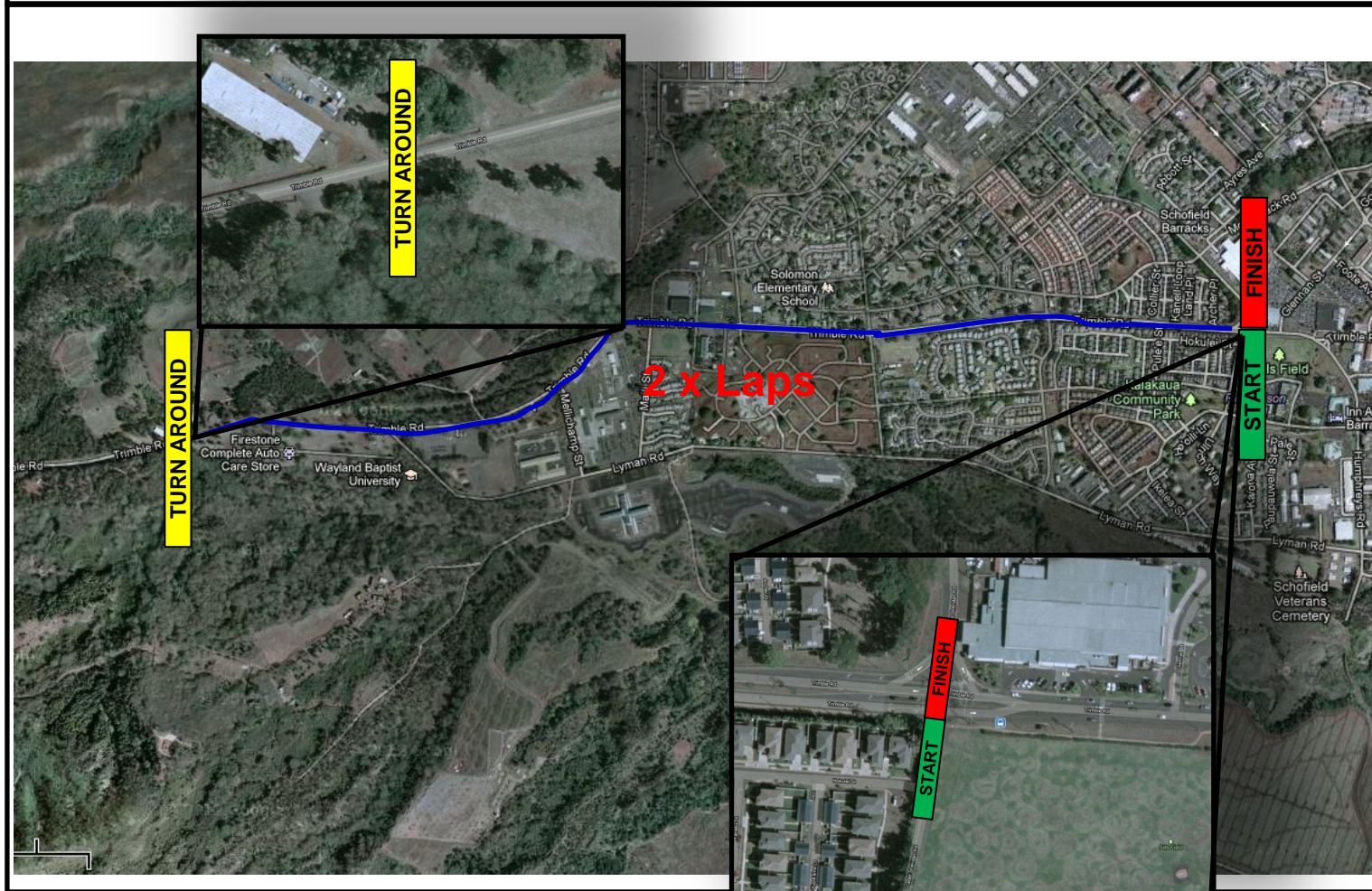






# Individual 10 Mile Run

This event is the top 3 male and female finished of a 10-mile run. The 10-mile run must be conducted IAW the following diagram, with the start and finish at the intersection of Cadet Sheridan and Trimble Road with runners completing one (2) laps. Athletes must submit a signed Lightning Elite Nomination Form signed by their Company Commander of First Sergeant to the Lightning Elite Manager.

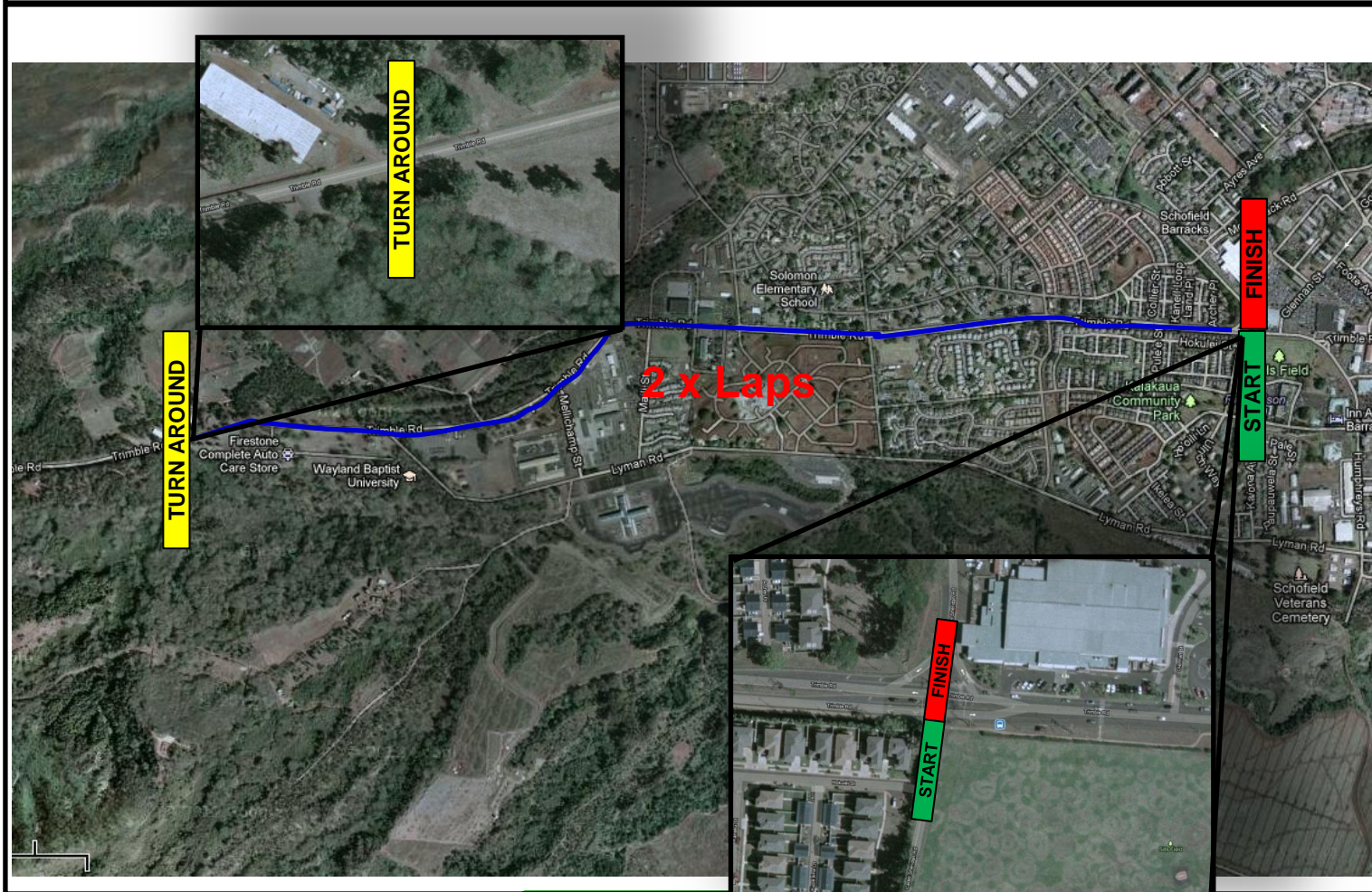






# Platoon 10 Mile Run

This event is the top Platoon time of a 10-mile run. The 10-mile run must be conducted IAW the following diagram, with the start and finish at the intersection of Cadet Sheridan and Trimble Road with runners completing two (2) laps. Time begins when the first Soldier crosses the start line and ends when the last Soldier crosses the finish line. Platoons must have a minimum of 90% of their MTOE strength IOT qualify for Lightning Elite Submission. Platoons must submit a signed Lightning Elite Nomination Form signed by their Company Commander or First Sergeant to the Lightning Elite Manager.

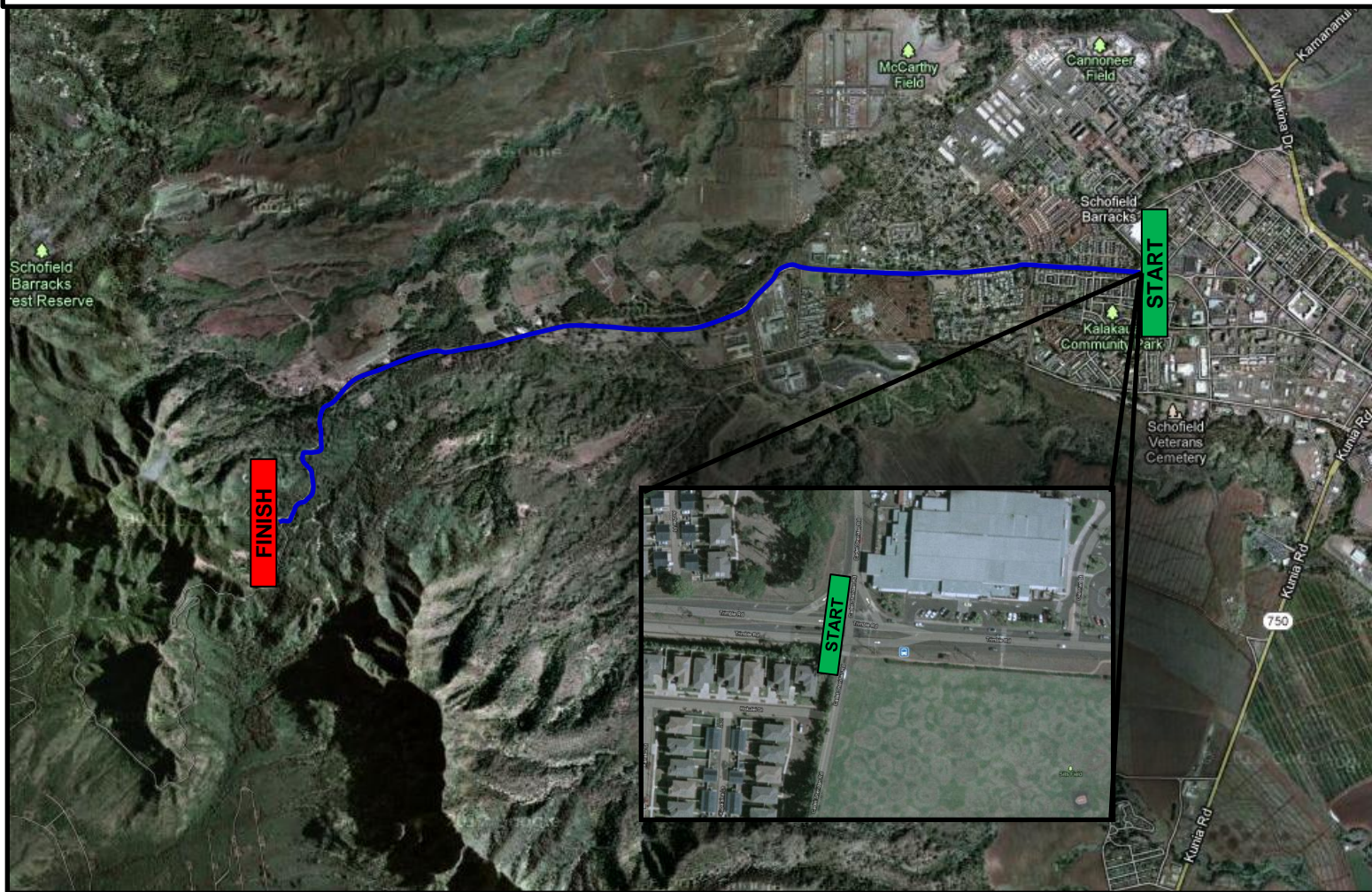






# Individual Kolekole Climb

This event is the top 3 male and female finishers of the Kolekole Climb. The run must be conducted IAW the following diagram, with the start at the intersection of Cadet Sheriden and Trimble Road and finish at the gate at the top of Kolekole Pass. Athletes must submit a signed Lightning Elite Nomination Form signed by their Company Commander of First Sergeant to the Lightning Elite Manager.

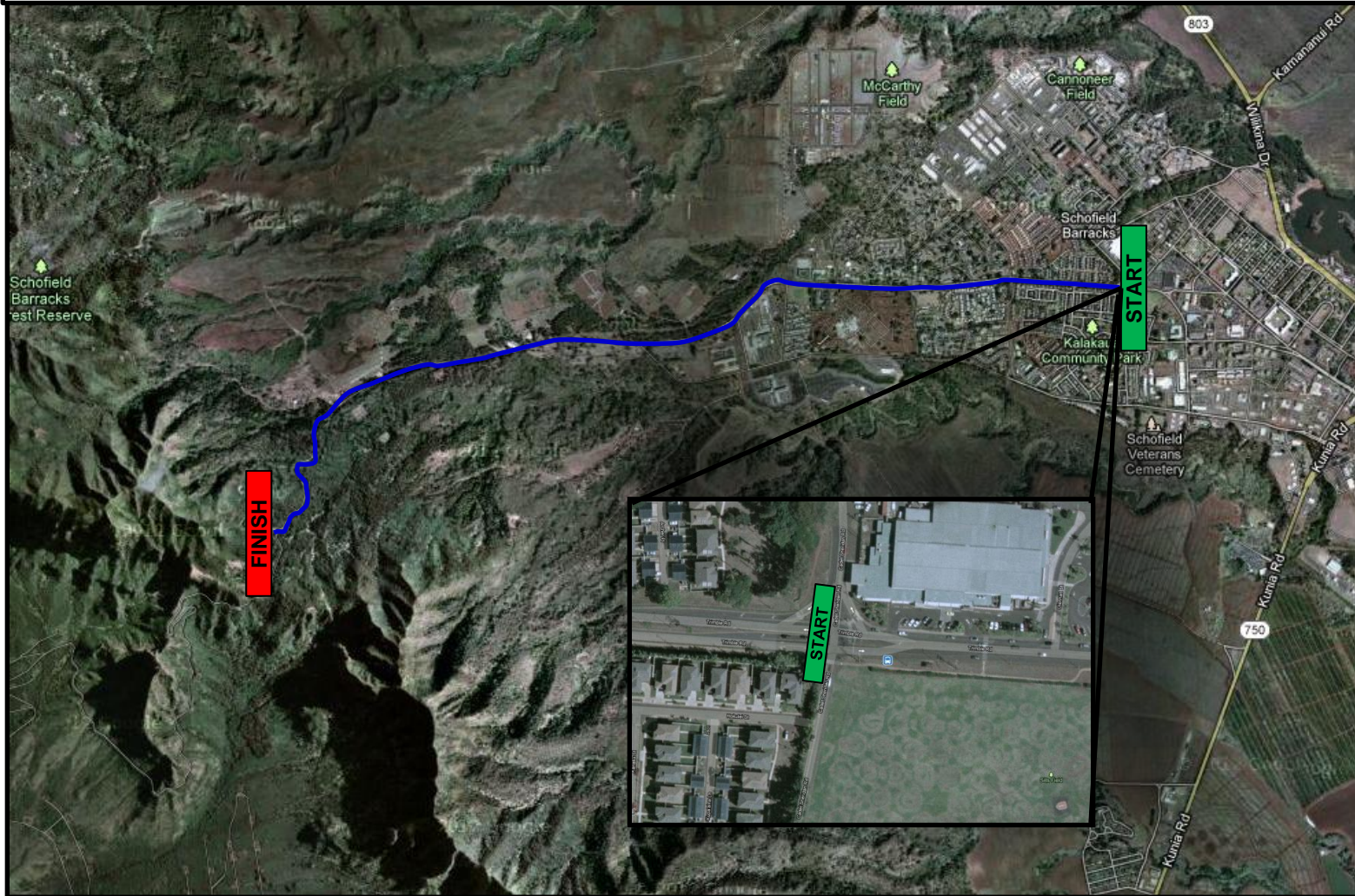






# Platoon Kolekole Climb

This event is the top Platoon finishers of the Kolekole Climb. The run must be conducted IAW the diagram shown. Time begins when the first Soldier crosses the start line and ends when the last Soldier crosses the finish line. Platoons must have a minimum of 90% of their MTOE strength IOT qualify for Lightning Elite Submission. Platoons must submit a signed Lightning Elite Nomination Form signed by their Company Commander or First Sergeant to the Lightning Elite Manager.







# Honolulu Marathon

This event is the top 3 male and female finishers of the most recent Honolulu Marathon. Athletes must submit a Lightning Elite Nomination Form signed by their Company Commander or First Sergeant along with a screen shot of the athletes finishing time for the Honolulu Marathon. The athletes finishing time will be checked online by the Lightning Elite manager prior to awarding the athlete.





# Xterra 21k Trail Run

This event is the top 3 male and female finishers of the most recent Xterra 21k Trail Run. Athletes must submit a Lightning Elite Nomination Form signed by their Company Commander or First Sergeant along with a screen shot of the athletes finishing time for the most recent Xterra 21k Trail Run. The athletes finishing time will be checked online by the Lightning Elite manager prior to awarding the athlete.





# Power Lifting (Total Weight)

This event is the total of the following lifts in the following order:

1. Squat
2. Bench Press
3. Dead Lift

- Athletes will have one hour to complete all 3 lifts
- All lifts must be executed IAW the USA Power Lifting Technical Rules posted to the “PT Manuals and References” portion of the 25<sup>th</sup> ID Physical Fitness Forum at <http://www.25idl.army.mil/fitness.html>
- This event is not broken down into age group or weight class. It is designed to determine who the strongest athletes are



# Power Lifting (Pound for Pound)

This event is the total of the following lifts in the following order divided by their body weight:

1. Squat
2. Bench Press
3. Dead Lift

- Athletes will have one hour to complete all 3 lifts
- All lifts must be executed IAW the USA Power Lifting Technical Rules posted to the “PT Manuals and References” portion of the 25<sup>th</sup> ID Physical Fitness Forum at <http://www.25idl.army.mil/fitness.html>
- Scores from this event is derived by adding the total of all weights lifted and divided by the Athletes body weight:

**Total Bench + Total Squat + Total Dead Lift ÷ Body Weight = Pound for Pound Score**

**Example: 300 lbs + 500 lbs + 525 lbs ÷ 185 lbs = 7.16 (rounded to the nearest hundredth)**

- Athlete weigh in must be conducted immediately prior to the event.





# Rules of Performance- Squat

1. The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar, and the top of the bar not more than the thickness of the bar below the outer edge of the shoulders. The diagram on page 18 indicates the legal position of the bar across the shoulders. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars.
2. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the signal to "squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
3. Upon receiving the Chief Referee's signal the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifters knees have unlocked. The bar may move from its starting position downwards on the lifters back the thickness / diameter of the bar during the performance of the lift.
4. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.
5. The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then move forward and return the bar to the racks. For reasons of safety the lifter may request the aid of the spotter / loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.
6. Not more than five and not less than two spotter / loaders shall be on the platform at anytime. The Referees may decide to the number of spotter / loaders required on the platform at any time 2, 3, 4, or 5.

## Causes for Disqualification of a Squat:

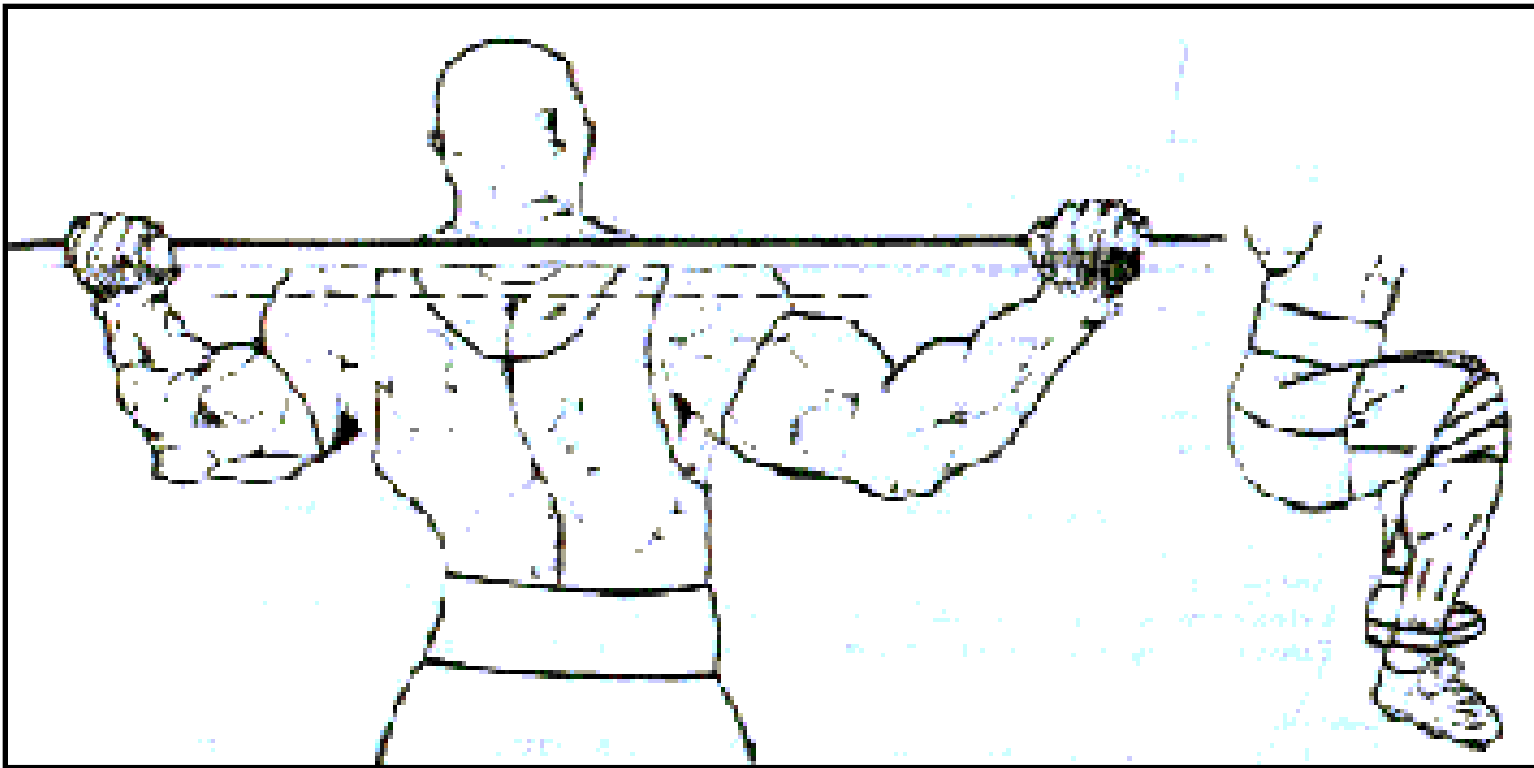
1. Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
2. Double bouncing at the bottom of the lift, or any downward movement during the ascent.
3. Failure to assume an upright position with the knees locked at the commencement or completion of the lift.
4. Stepping backward or forward although lateral movement of the sole and rocking the feet between the ball and heel is permitted.
5. Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees, as in the diagram.
6. Any movement of the bar on the back more than the diameter/thickness of the bar below its starting position.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier.



# Rules of Performance- Squat (cont...)

8. Contact of the elbows or upper arms with the legs. Slight contact is permitted if there is no supporting that might aid the lifter.
9. Any dropping or dumping of the bar after completion of the lift.
10. Failure to comply with any items outlined under "Rules of Performance" for the squat.

The diagrams below indicate the legal bar position and required depth in the squat:







# Rules of Performance- Bench Press

1. The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
2. The lifter must lie on his back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His hands and fingers must grip the bar positioned in the rack stands with a “thumbs around” grip. This position shall be maintained throughout the lift.
3. To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height to build up the surface of the platform. Blocks in the range of 5 cm, 10 cm, 20 cm and 30 cm, should be made available for foot placement at all international competitions.
4. Not more than five and not less than two spotter/loaders shall be on the platform at anytime. After correctly positioning himself, the lifter may enlist the help of the spotter/ loaders in removing the bar from the racks. The lift-off if assisted by the spotter/loaders must be at arm's-length.
5. The spacing of the hands shall not exceed 81 cm measured between the forefingers (both forefingers must be within the 81 cm marks and the whole of the forefingers must be in contact with the 81 cm marks if maximum grip is used). If in the case of some old injury or anatomically the lifter is unable to grip the bar equally with both hands he must inform the referees prior to lift-off for each attempt and if necessary the bar will be marked accordingly. The use of the reverse grip is forbidden.
6. After removing the bar from the racks, with or without the help of the spotter/loaders, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety the lifter will be requested to “Re-place” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.
7. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command “Start”.
8. After receiving the signal, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum / breastbone), hold it motionless on the chest, after which the Chief referee will signal the audible command “Press”. The lifter must then return the bar to arms length with no excessive and immoderate uneven extension of the arms. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm.
9. If anatomically, the arms cannot be fully extended the lifter must produce a Medical Impairment certificate issued by the Medical Committee. The maximum allowable is 15 degrees out of true. No certificate is need by Masters National competitors or at any local meets. In such cases it is necessary only to demonstrate to the judges on the platform the arm(s) cannot fully extend.



# Rules of Performance- Bench Press (cont...)

## Causes for Disqualification of a Bench press:

1. Failure to observe the Chief Referee's signals at the commencement, during or completion of the lift.
2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the head, shoulders, or buttocks, from the bench, or movement of the feet on the floor/blocks/plates or lateral movement of hands on the bar.
3. Heaving or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced and exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the whole length of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms at the completion of the lift.
7. Contact with the bar or the lifter by the spotter/loaders between the Chief Referee's signals in order to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Deliberate contact between the bar and the bar rests support.
10. Failure to comply





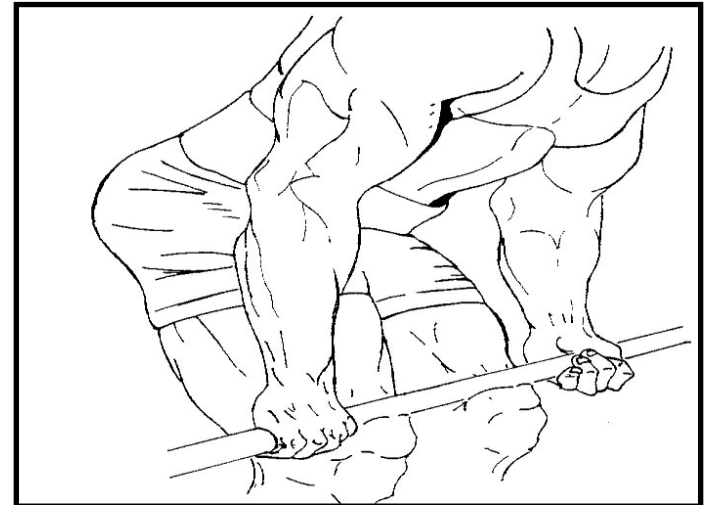
# Rules of Performance- Deadlift

1. The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.
2. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
3. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "Down". The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
4. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back (slightly downward on completion) this should not be reason to disqualify the lift.

## Causes for Disqualification of a Deadlift

1. Any downward movement of the bar before it reaches the final position.
2. Failure to stand erect with the shoulders back.
3. Failure to lock the knees straight at the completion of the lift.
4. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
5. Stepping backward or forward, although lateral movement of the feet or rocking of the feet between ball and heel is permitted.
6. Lowering the bar before receiving the Chief Referee's signal.
7. Allowing the bar to return to the platform without maintaining control with both hands, i.e.: releasing the bar from the palms of the hand.
8. Failure to comply with any of the items outlined under "Rules of Performance".

The diagram below shows a description of supporting the bar on the thighs:





# Individual Lightning Challenge

## Round 1:

### “Elizabeth”

21-15-9 reps for time of:

- Clean (135 lbs- men/95 lbs- women)
- Straight Bar Dips

## Round 2:

### “Isabel”

For time:

- 30 snatch (135 lbs- men/95 lbs- women)

## Round 3:

### “Fran”

21-15-9 reps for time of:

- Thruster (95 lbs- men / 65 lbs- women)
- Pull-ups (butterfly or kipping authorized)

Scores equal the cumulative time it takes for athletes to compete all three rounds. Time for each round begins when athletes begin their first lift and ends when all reps for that round are complete. Athletes are allowed 15 minutes to rest between rounds.





# Platoon Lightning Challenge

## Round 1:

### “Elizabeth”

21-15-9 reps for time of:

- Clean (135 lbs- men/95 lbs- women)
- Straight Bar Dips

## Round 2:

### “Isabel”

For time:

- 30 snatch (135 lbs- men/95 lbs- women)

## Round 3:

### “Fran”

21-15-9 reps for time of:

- Thruster (95 lbs- men / 65 lbs- women)
- Pull-ups (butterfly or kipping authorized)

Scores equal the cumulative time it takes for athletes to compete all three rounds. Time for each round begins when athletes begin their first lift and ends when all reps for that round are complete. Athletes are allowed 15 minutes to rest between rounds. Platoon Scores will be the average of each individual score within a Platoon. Platoons must have a minimum of 90% of their MTOE strength IOT qualify for Lightning Elite Submission



# Vo2 Max Beep Test

The beep test, also known as the *bleep test*, *multi-stage fitness test*, or *shuttle run test*, is used by sports coaches and trainers to estimate an athlete's maximum oxygen uptake better known as [VO2 Max](#). The beep test involves running continuously between two points that are 20 meters apart. These runs are synchronized with a pre-recorded audio tape, CD or laptop which plays beeps at set intervals. As the beep test proceeds, the interval between each successive beep reduces, forcing the athlete to increase velocity over the course of the beep test, until it is impossible to keep in sync with the recording. The Vo2 Max Beep Test must be conducted on the Watts Field Infield Area IAW the diagram below:







# Combatives

- This event will be a Division wide Combatives Tournament to determine the top male and female fighters.
- This event is broken down by the following weight class:

1. Bantamweight

Male- 110lbs and under

Female- 120 and under

3. Lightweight:

Male- 126-140 lbs

Female- 137-153 lbs

5. Middleweight:

Male- 156-170 lbs

Female- 170-185 lbs

7. Light Heavyweight:

Male- 186-205 lbs

Female- 199-227 lbs

2. Flyweight:

Male- 111-125 lbs

Female- 121-136 lbs

4. Welterweight:

Male- 141-155 lbs

Female- 154-169 lbs

6. Cruiserweight:

Male- 171-185 lbs

Female- 186-198 lbs

8. Heavyweight

Male- 206 lbs and up

Female- 228 lbs and up.

- Athlete weigh in will be conducted one (1) day prior to the tournament.



# Lightning Elite Nomination Form

Lightning Elite Event: \_\_\_\_\_ Date Executed: \_\_\_\_\_

Rank: \_\_\_\_\_

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Gender: \_\_\_\_\_

Weight Class: \_\_\_\_\_

Lightning Elite Events include the following:

## Individual Events

- Individual APFT
- 5-mile run
- 10-mile run
- Kolekole climb
- Combatives
- Vo2 Max Beep Test
- Lightning Challenge
- Honolulu Marathon
- Xterra 21K Trail Run
- Power Lifting (% of body weigh)
- Power Lifting (total weight)

## Platoon Events

- APFT
- 5-mile run
- 10-mile run
- Kolekole climb
- Lightning Challenge

Athlete Information:

**Event Time/Score:** \_\_\_\_\_

Unit: \_\_\_\_\_

MOS: \_\_\_\_\_

CO CDR Name: \_\_\_\_\_

CO CDR Signature: \_\_\_\_\_

CO CDR Phone: \_\_\_\_\_

1SG Name: \_\_\_\_\_

1SG Signature: \_\_\_\_\_

1SG Phone: \_\_\_\_\_